

The Realistic Enlightenment of Marx's Time Thought to the Construction of “Better Life”

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Abstract: The goal of this article is to analyze the theoretical support of Marx's time thought for the construction of “Better Life” and its guiding significance in reality. At the beginning, it outlines the core content of Marx's time concept, involving key concepts such as labor time, free time and socially necessary labor time, and highlights the position of “Better Life” as the ultimate goal of human social development. On this basis, this article puts forward a research topic: how Marx's time thought provides theoretical basis and practical guidance for the construction of modern “Better Life”. In this article, the principle and essence of Marx's time thought are deeply analyzed, and its practical application in the construction of “Better Life” is explored. With the help of the time problems encountered in the pursuit of “Better Life” in the current society, this article expounds the theoretical guidance of Marx's time concept in solving these problems. The analysis shows that Marx's time thought emphasizes the key role of time management and utilization in improving the quality of life and promoting social progress.

1. Introduction

Marx's time thought is an indispensable part of his profound theoretical system. It contains a profound insight into the historical development of human society [1]. In this thought, the core concepts such as working time, free time and socially necessary working time constitute its theoretical cornerstone [2]. Labor time is the basic standard to measure value creation and social progress, and it also shows the core process of human interaction with nature and society. Free time is opposite to working time [3]. It symbolizes the liberation of mankind from the shackles of inevitability and the search for a broad world of free and all-round development. Social necessary labor time refers to the time occupied by the average necessary amount of labor in society under a certain normal labor intensity and labor proficiency [4]. It determines the value of goods, and it is also the key to understand the relationship between exploitation and exploitation under the capitalist mode of production.

“Better Life”, this concept has been paid more and more attention and pursued by people in modern society [5]. It not only means the enrichment of material wealth and the improvement of living standards, but also covers the enrichment of spiritual culture, the harmony of interpersonal relationships and the sustainability of the ecological environment [6]. A better life is one of the

ultimate goals of the development of human society [7]. It embodies people's yearning and pursuit for a higher quality, more dignified and more sustainable lifestyle. In the rapidly changing modern society, how to achieve this goal has become an urgent task before us.

In view of this, this article puts forward a key research topic: how does Marx's time theory provide theoretical support and practical guidance for the construction of modern "Better Life"? This topic aims to explore the profound insights in Marx's time theory and how it guides us to pursue a better life in modern society. Through in-depth study of Marx's relationship between time and social development and human's free and all-round development, we can dig out the valuable ideological resources contained in it. This article will try to combine Marx's time thought with the reality of contemporary society, and put forward feasible paths and strategies for building a better life, so as to contribute to promoting social progress and human development.

2. Theoretical foundation and core essence of Marx's time thought

Marx's time thought is not born out of thin air, but deeply rooted in its solid philosophical foundation. As the cornerstone of Marx's theory, historical materialism provides a historical materialism perspective for time thought [8]. From this perspective, time is regarded as an objective recorder of the historical process of human society. It records the footprints of human beings in social practice activities such as labor, production and exchange. As the core of Marxist economics, labor theory of value also endows time thought with unique economic connotation. Under the framework of labor theory of value, time has become a key measure to measure the amount of labor and determine the value of goods, revealing the phenomenon that time is alienated and exploited under the capitalist production mode.

Marx has a profound insight into the close relationship between time and social progress and the free and all-round development of human beings [9]. In his view, time is not only a measure of social development, but also the key for human beings to pursue free and all-round development. In capitalist society, workers are deprived of a lot of time to create surplus value, while free time is relatively scarce. Marx emphasized that only when we can effectively control and use time and devote more time to personal development, enjoyment and creation can human beings achieve real free and all-round development. Therefore, time has become an important measure to measure social progress and human liberation. It reflects the degree of civilization of human society and the degree of human freedom. In Marx's time thought, the core concepts such as time saving, time allocation and time utilization have far-reaching practical significance.

Table 1: Core Tenets and Practical Implications of Marx's Thoughts on Time

Core Tenets	Practical Implications	Implementation Measures
Time Saving	Enhance productivity, reduce resource waste, increase free time	Optimize production processes, promote energy-saving technologies
Time Allocation	Promote social equity, balance work-life, optimize human resource distribution	Formulate fair working hours policies, implement flexible work systems
Time Utilization	Improve quality of life, enhance personal development, advance social progress	Strengthen time management training, encourage innovation activities
Understanding Time Value	Reinforce time consciousness, improve time utilization efficiency	Educate on the value of time, advocate cherishing time

Table 1 shows the three core essences of Marx's time thought and their corresponding practical

significance, and concisely summarizes the application value of these concepts in modern society.

3. The application of Marx's time thought in the construction of “Better Life”

In today's society, in the process of pursuing “Better Life”, the challenge brought by the time factor is particularly prominent. Working too long makes people tired and unable to fully enjoy the fun of life. Lack of leisure time limits people's personal development and spiritual pursuit [10]. Unbalanced time allocation makes some groups overworked, while others are idle, resulting in inefficient use of social time resources. These problems not only affect people's quality of life, but also restrict social harmony and progress.

Marx's time theory provides important theoretical support for us to cope with these challenges. He emphasized shortening the necessary labor time by improving labor productivity, thus freeing more free time for people. This means that we need to improve work efficiency through technological innovation and improved production methods, and ensure that people can have plenty of time to enjoy life and pursue personal hobbies and development while creating material wealth. Marx also advocated that time allocation should be planned reasonably, so that everyone can arrange time according to their own needs and interests and achieve the goal of all-round development. This requires us to establish a more flexible and diversified time system at the social level, so that time can become an important resource to promote people's all-round development. Based on Marx's view of time, this article thinks that a practical path of “Better Life” construction can be put forward, as shown in Table 2.

Table 2: Practical Approaches to “Better Life” Construction Based on Marx's View on Time

Practical Approaches	Specific Measures
Increase labor productivity and shorten necessary labor time	Promote advanced technologies, optimize production processes; enhance vocational training, improve worker skills
Improve production methods and efficiency through technological innovation	Encourage corporate R&D and innovation, apply intelligent and automated technologies; establish innovation incentive mechanisms
Balance wealth creation with free time	Formulate reasonable working hours policies, safeguard workers' rest rights; promote an efficient work culture
Plan time allocation reasonably to meet personal needs and interests	Provide diverse leisure activity options; encourage personal time management, achieve work-life balance
Establish flexible and diverse time systems to promote overall development	Implement flexible work systems to accommodate different groups' needs; strengthen time education, raise time consciousness

By implementing these practical paths, we can overcome the time constraints encountered in the pursuit of “Better Life” and promote the development of society towards a more harmonious direction.

4. The realistic enlightenment of Marx's time thought to the construction of “Better Life”

Marx's theory of time provides profound enlightenment for people in the pursuit of “ideal life” [11]. This theory highlights the key role of time management and utilization in improving the quality of life and promoting social development. In the fast-paced modern society, time has become a scarce resource. How to manage and use time efficiently and reasonably is directly related to personal happiness and social harmony. Marx reminded people that using scientific time planning

can better balance work and life and realize the double promotion of personal value and social contribution. Making full use of free time for self-development, family reunion and social activities is an important way to improve the quality of life and increase life satisfaction. However, in the process of practicing Marx's time thought, there are also many challenges and opportunities, as shown in Table 3:

Table 3: Challenges and Opportunities in Implementing Marx's Thoughts on Time

Category	Specific Contents	Strategies/Trends
Challenges	Lack of time management skills, hindering efficient time use	Enhance time management training, improve personal time management abilities
	Difficulty balancing work-life, leading to physical and mental fatigue	Promote flexible work systems, advocate harmony between work and life
	Squeezed free time, limiting personal development and social activities	Encourage companies to respect employees' personal time, increase free time
	Need for enhanced time value awareness, insufficient recognition of time's importance	Strengthen education on the value of time, raise society's time consciousness
Opportunities	Technological advancements provide tools for effective time management	Utilize technological solutions, such as smart apps, to optimize time management
	Increasing prevalence of flexible work systems, offering possibilities for work-life balance	Promote policy-making, support widespread implementation of flexible work systems
	Growing societal emphasis on time value, enhancing efficiency in time use	Foster a social atmosphere that cherishes time, promote efficient time utilization
	Increased free time offers more opportunities for personal development, family reunions, and social engagements	Encourage individuals to make full use of free time for comprehensive development

Technological progress has undoubtedly had a far-reaching impact on the use of time. The change of social values also puts forward new requirements for time management. Facing these challenges and opportunities, we need to understand and apply Marx's time thought more deeply. We should actively adapt to technological progress, use it to improve efficiency, and at the same time avoid the time waste caused by it. At the social level, we advocate a healthy and rational time thought consumption and encourage people to invest their time in valuable and meaningful things. At the personal level, we need to improve our time management skills, seek a balance in our busy life, and make time a powerful tool to pursue our ideal life.

5. Conclusions

Time is not only a measure of social progress and personal growth, but also an indispensable element in achieving an ideal life. Based on this understanding, there is a clearer understanding of how to promote the construction of “Better Life” in the dimension of time. We aspire to a beautiful society where time is fully respected and utilized reasonably. In this society, everyone can plan their

time according to their own needs and interests, achieving a perfect balance between work and life. To achieve this vision, the following specific strategies and suggestions are proposed: ① It is crucial to promote innovation in time policies. The government should develop more flexible and humane time policies, such as flexible work schedules and paid leave systems, to provide workers with more free time and choice space. At the same time, it is necessary to strengthen the supervision and implementation of time policies to ensure that the policies can truly benefit the vast number of workers. Strengthening the popularization of time education is also essential. Schools should incorporate knowledge of time management and time utilization into the education system, cultivating people's time awareness and time management skills from an early age. Through educational guidance, people are made aware of the value of time, learn to cherish time, make reasonable use of time, and lay a solid foundation for a better future life.

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